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Bulletin

OF THE

National Tuberculosis Association

Vol. VI APRIL, 1920 No. 4

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On to St. Louis

By Philip P. Jacobs, *Assistant Secretary*

Not since that first historical annual meeting of the National Tuberculosis Association at Washington, in 1905, has the condition of the Association's work and affairs demanded the whole-souled cooperation of every member and supporter as at the present time. The St. Louis meeting is more than an annual conference or get-together of those interested in tuberculosis work. This year the St. Louis meeting will make decisions that will determine the entire trend of the tuberculosis movement for many years to come. The importance of the meeting for all those who are interested in the campaign against tuberculosis cannot be exaggerated.

For example, among the important decisions that will have to be made will be one with reference to the entire future financial plan of the Association. The Red Cross Christmas Seal has passed into history. A new Christmas Seal is being projected. Whether it will meet with the same whole-hearted cooperation as has been evidenced for the last ten years in the sale of Red Cross Seals will be decided at St. Louis. The financing of the seal sale is something that must be given most earnest consideration by every worker in the tuberculosis field. The conduct of the sale, the methods to be employed, the goal to be striven after, and many other vital factors of relationship between the state and the National Association, and the state and local associations must come up for decision at the St. Louis meeting.

Then, there is that other question regarding more direct representation of state and possibly local organizations on the directorate of the National Associations and in the councils of the organization. The future of the National Tuberculosis Association rests to a certain extent in the hands of the state and local associations who have been brought into existence largely through its efforts. Is it a time for a radical change in policy? If so, what shall the change be? These are only a few of the vital questions that must be answered at the St. Louis meeting.

Of course, the program will be full of interesting features. The Clinical program will have papers from the best authorities in America. On the Pathological program will be presented papers involving years of painstaking research on the part of many investigators. A joint meeting of the Clinical and Pathological program to discuss the much disputed question of X-ray in diagnosis will be full of unusual interest to physicians.

The Advisory Council will deal with those important relationships between the Red Cross, state and territorial health officers, and other organizations which are knocking at the door of the tuberculosis movement and asking for cooperation and even in many instances for a closer coordination of effort.

The Sociological program will take up some of the most important social problems of the day. Such questions, for example, as the influence of race stock in determining the tuberculosis death rate; an evaluation of our methods and programs; and many other problems of vital interest will be discussed in the sociological section.

The Nursing Section will take up topics of the most vital interest to nurses and those interested in nursing problems. The growing complexity of the nursing problem makes this discussion at the St. Louis meeting of increasing importance.

The preliminary program of the meeting published in the last number of the BULLETIN is reasonably complete. It will be impossible to publish a more detailed program in the present number. The schedule of meetings may be tentatively announced. There will be a meeting of the state secretaries with the National Tuberculosis Association on April 21st, beginning at 10 o'clock in the morning. The morning session will discuss problems of finance, and the afternoon session questions of reorganization. The National Conference of Tuberculosis Secretaries will hold an executive session on Thursday morning, beginning at 10 o'clock. The American Sanatorium Association will also meet at the same time on Thursday morning. The first regular meeting of the Association will be held at 4 o'clock on Thursday afternoon. On Thursday evening the Advisory Council will meet. Friday morning and Friday afternoon will be given over to section meetings. On Friday evening there will be a special meeting and pageant devoted to the Modern Health Crusade under the direction of the Local Committee of Arrangements and the executive office of the National Association. On Saturday morning and Saturday afternoon the section meetings of the Association will continue. The meeting will formally close on Saturday afternoon. It is desirable that those attending the meeting arrange to stay until late Saturday afternoon. Arrangements for luncheons and dinners are also being made, but cannot be announced at this time.

In view of the excellence of the program and the importance of the questions to be considered, it is highly important that every mem-

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Local Association Formed

Anti-tuberculosis and related educational public health work will be carried on hereafter in Hennepin county, Minnesota, by the newly organized Hennepin County Tuberculosis Association. It is the successor of the Anti-Tuberculosis Committee, which, since 1903, has been a department of the Associated Charities of Minneapolis, and which, during the past year, extended its work to cover the entire county.

In relation to state health activities, the new association will succeed the Committee as the county representatives of the Minnesota Public Health Association.

On to St. Louis

(*Continued from page* 1)

ber of the Association aim to attend and that he or she urge someone else also to attend. Hotel reservations should be made at once, as announcement has been received from St. Louis hotels that advance reservations are unusually heavy. We recommend the following hotels: The Statler (headquarters hotel), the Planters, the Jefferson, the American, the Warwick, the Washington, and the Maryland.

Boat Trip to Conference

Arrangements for a boat trip on the Great Lakes, in connection with the Mississippi Valley Conference on Tuberculosis which is to be held September 2nd, 3rd, and 4th at Duluth, Minn., are now being completed by Mr. James Minnick of the Chicago Tuberculosis Institute, for the Mississippi Valley Council. If a sufficient number of reservations are received to make the trip possible, it is planned to charter the steamship "North American" which has a capacity of 484 passengers, from August 30th to September 7th. The boat will leave Chicago on Monday, August 30th, at 1:30 P. M., and will arrive at Duluth on Thursday, September 2, at 7:30 A. M. Sleeping acommodations and breakfasts may be obtained on board while the Conference is in session. On Saturday, September 4th, at 11 P. M., the boat will leave Duluth and will arrive again in Chicago on Tuesday, September 7th, at 10:30 A. M.

Reservations, including war tax, may be purchased at $80.00 per person. Further information in regard to the trip may be had upon application to Mr. James Minnick, 8 South Dearborn St., Chicago, Ill.

Public Health Congress

Under the auspices of the Royal Institute of Public Health, a congress on public health will be held at Brussels, May 20 to 24. The congress is under the patronage of King Albert of Belgium. The Honorary Secretary of the congress is Dr. T. N. Kelynack, 37 Russell Square, London, W. C. 1. The President of the congress is Lord Leverhulme. The congress will be divided into six sections, with the following chairmen: State Medicine, Dr. J. de Moor; Naval, Military, Tropical and Colonial, Gen. Dr. O. Wibin; Municipal Hygiene, Mons. F. Hachez; Industrial Hygiene, Dr. E. Malvez; Hygiene and Women's Work, Dr. D. Gilbert; and Bacteriology and Chemistry, Drs. J. Bordet and F. Ranwez.

Through the National Tuberculosis Association, a cordial invitation is extended to American workers in public health.

Diagnostic Standards Reissued

The National Tuberculosis Association has just published in a new edition a complete set of diagnostic standards. The standards were prepared and tested originally by the Diagnostic Standards Committee of the Framingham Community Health and Tuberculosis Demonstration. The two committees which prepared the standards are as follows:

Pulmonary Tuberculosis

Dr. Arthur K. Stone, Chairman
Dr. Edwin A. Locke
Dr. Cleaveland Floyd
Dr. John B. Hawes, 2nd
Dr. Elliott Washburn
Dr. Richard Smith
Dr. Vincent Y. Bowditch
Dr. Eugene R. Kelley
Dr. Herbert C. Clapp
Dr. Roger I. Lee

Tuberculosis Cervical Adenitis

Dr. Arthur K. Stone, Chairman
Dr. Frank B. Mallory
Dr. Fritz B. Talbot
Dr. R. A. Coffin
Dr. Channing Simmons
Dr. John B. Hawes, 2nd
Dr. Allen K. Krause
Dr. L. M. S. Miner
Dr. Charles R. Turner

The standards are published in a pamphlet of sixteen pages, attractively printed and bound for more or less permanent reference. The pamphlet contains the diagnosis of pulmonary tuberculosis in adults with negative sputum; the diagnosis of thoracic (pulmonary, bronchial gland, etc.) tuberculosis in childhood; the classification of pulmonary tuberculosis; functional current case classification; the treatment of pulmonary tuberculosis in adults; the diagnosis of tuberculous cervical adenitis; the treatment of tuberculosis cervical adenitis.

Members of the National Tuberculosis Association are entitled to a free copy of the standards which will be sent on request. A copy will be sent to nonmembers on receipt of five cents in postage.

Texas Elects Officers

At a meeting of the Board of Directors of the Texas Public Health Association, the following officers were elected for the year 1920:

Dr. Z. T. Scott, president; Dr. Elva A. Wright, first vice-president; Mr. J. H. Allison, second vice-president; Mr. J. B. Rawlings, secretary; Mr. H. A. Wroe, treasurer; and D. M. Alexander, attorney.

The report of the executive secretary, Mr. D. E. Breed, for 1919, showed that 1,171,942 pieces of health literature had been sent out; 431 lectures, 326 school talks and 156 conferences had been held; and the Modern Health Crusade had been carried to 416,000 school children. A Mexican secretary and Negro lecturer were engaged in active field work among their own people.

The Trudeau and Koch Societies

By Arthur J. Strawson

Regional Secretary, Mississippi Valley States

Three tuberculosis associations in the North Mississippi Valley States have established special predominantly medical agencies to study tuberculosis. They are the Chicago Tuberculosis Institute, and the Iowa and Michigan Tuberculosis Associations.

The newer branches of these associations are more to ferret out and study hopeful aspects of the disease than to spread the established facts of tuberculosis prevention. These loosely organized agencies generally not needing constitutions, dues, or paid executives, show that the leaders concerned are not bound by the hard and fast lines of customary organization, but believe in flexibility. The parent organization usually bears the necessary expense and does the desirable printing. A brief glimpse of each of these societies will be more interesting than a composite picture.

The Robert Koch Society

In December, 1912, Dr. Theodore B. Sachs, realizing the need of Chicago physicians, nurses and social workers for a tuberculosis study class, started a series of high-grade educational presentations: the first subject was "The Chemotherapy of Tuberculosis," by Prof. H. Gideon Wells, of the Chicago University. This group of Chicago workers, running from fifty to sixty, usually met in one of the City Club rooms for luncheon and would have its program finished by two o'clock. No definite number of meetings was insisted upon per year, and manuscripts were rather taboo. A person making a contribution to the tuberculosis movement is usually invited to be present and discuss it with the members. The range of topics may be surmised from the following titles selected from the list on account of their variety: heliotherapy, mixed infection in tuberculosis, tuberculosis in infancy, open-air schools, sources and channels of infection, contributing factors in the development of tuberculosis and industrial hygiene.

The present officers of the Robert Koch Society of Chicago are: President, Ethan Allen Gray, M.D.; Secretary-Treasurer, Charles Segal, M.D.

During the presidency of Dr. John Ritter more attention was given to the study of agencies established for the care of the tuberculous, but during the last two years, under the presidency of Dr. Ethan A. Gray, the meetings have been almost entirely of a medical character, and the subjects discussed largely technical.

Iowa Trudeau Society

The Iowa Trudeau Society is known as the clinical branch of the Iowa Tuberculosis Association. It was organized last May by leaders of this association and of the Iowa State Medical Association after the annual meeting of the latter. Though physicians only are eligible, it has already over three hundred members. The object, which is to increase the interest of the general practitioner in tuberculosis, is attained by the distribution of books and reprints and the promotion of tuberculosis programs in cooperation with county medical societies, as well as by a special program at the annual meeting of the Iowa Tuberculosis Association. It aims also at the organization and promotion of demonstration clinics.

The officers of the Iowa Trudeau Society are: President, Dr. John H. Peck, who is also President of the Iowa Tuberculosis Association; Vice-President, Dr. H. V. Scarborough, who is also Medical Director of the State Tuberculosis Sanitorium and ex-officio; its secretary is Mr. T. J. Edmonds, who on January 1, 1920, became Executive Secretary of the Iowa Tuberculosis Association.

Michigan Trudeau Society

The Michigan Trudeau Society is more definite in its plans than those named above. In 1917 a dozen physicians close to the Michigan Tuberculosis Association and the work of the Michigan state tuberculosis survey formed an association, with a constitution definite enough to have a president, vice-president, secretary, treasurer, executive committee and $2.00 annual dues from members, who must also be members of the National Tuberculosis Association. Present officers are: President, Dr. H. M. Rich, of the Detroit Tuberculosis Society; and Secretary, Dr. Wm. DeKleine, President of the Michigan Tuberculosis Association.

Its membership, which has now grown to seventy-five, is recruited from physicians who can qualify in one of the three following ways: 1st, be experienced in the diagnosis and treatment of tuberculosis; 2d, be experienced in research work and have demonstrated original work in the field of tuberculosis; 3d, show extraordinary interest in the problem of tuberculosis and have demonstrated some constructive work, either medical or social, which will materially aid the tuberculosis cause and which will doubtless be a means to help reduce the death rate.

In various parts of the State in spring and fall a meeting is held to which the local medical society is always invited. It aims to enlist the local physicians through its program and otherwise in the movement against tuberculosis and to make them feel that the responsibility of eradicating tuberculosis from the human race rests largely with the medical profession.

* *

The need for binding medical and lay workers together in mutual understanding and in intelligent leadership of all the people in a winning campaign against tuberculosis makes the use of Koch and Trudeau societies an additional useful weapon in state campaigns.

A County Nursing Program

The following article was read as a paper at the Southern Tuberculosis Conference by Miss Rose M. Ehrenfeld, State Director of Public Health Nursing, Sanatorium, N. C.

In an attempt to solve the county nursing problem of the state, the North Carolina Board of Health has established what is known as the tuberculosis unit. The unit is, to put the matter briefly, a plan of work for a county nurse, who is not specializing and who may be working under a full time county health department or in an independent field. In working out this plan it was endeavored to cover every phase of the county nursing problem. The Tuberculosis Unit calls for the following provisions:

1. Securing the names of all persons in the county who are afflicted with tuberculosis.

2. Recording cases of tuberculosis in the county and deaths therefrom on a tack map as prescribed by the North Carolina State Board of Health. Cases and deaths, irrespective of race, are indicated by white and black tacks.

3. Visiting homes of persons afflicted with tuberculosis. The nurse will give bedside care to new cases for its teaching value until reasonably certain that the patient is receiving intelligent care and that other members of the family are being adequately protected.

4. Investigating the general health of members of families where tuberculosis exists or has existed within three years preceding. The nurse offers to members of the family who are below par, or having other contacts, an opportunity for examination.

5. Visiting every soldier, sailor or nurse discharged from the army or navy on account of tuberculosis and carrying out in this connection the instructions of the North Carolina State Board of Health, especially to affect proper disposition of these cases in accordance with provision by the federal government and state.

6. Making such other investigations regarding presence of tuberculosis in the county as may be necessary, not inconsistent with the symmetrical development of county plans of work. The county's geography, roads, population, etc., regulate the extent of one nurse's ability to emphasize the different units of work.

7. A campaign of education through public schools by means of lantern slides, lectures, moving pictures and distribution of suitable literature; publication of newspaper articles (submitted or approved by the Bureau of Tuberculosis) and offering of suitable prizes to school children for essays on tuberculosis.

8. Arrangements for clinics for examination of persons with suspicious evidence of tuberculous infection (the medical examiner furnished by the Bureau of Tuberculosis of the State Board of Health). This is effected by

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The Framingham Demonstration

No 22: An Educational Program Against Tuberculosis

By D. B. Armstrong, M.D., Executive Officer

These monthly articles in the Framingham series began in July, 1918

During the present year the Tuberculosis Committee of the Framingham Civic League, as a result of a successful seal sale, will have sufficient funds for the carrying out of a reasonably complete educational program.

This program will be developed through all available channels, such as lectures, special literature, posters, movies, etc.

As a basis for this campaign the Health Demonstration has been asked to draw up an outline on tuberculosis education, from the point of view of educational attack on this problem. While certain objects toward which such a complete program would be aimed have already been accomplished in Framingham and elsewhere, an effort has been made to have this program a reasonably complete one. It should be suggestive for other communities; of course everywhere it would have to be adapted to meet the particular needs of the local community.

An educational program against tuberculosis may develop three main points of attack: against infection, against active disease, and against mortality. Among every 100 people in the average community there are 80 or 90 per cent. infected with tuberculosis. An educational program should attempt to reduce this percentage. In these same 100 people at any one time from one to two per cent. will be suffering from tuberculous disease. An educational program which fails to prevent infection should at least endeavor to prevent tuberculous disease. Approximately 10 per cent. of the average group of 100 people are going eventually to die of tuberculosis. An educational program to be complete must therefore aim not only against infection and against disease, but against mortality.

A complete educational program against tuberculosis may find its development in two fields—public hygiene and personal hygiene. Public hygiene will in large part deal with the equipment for hygienic living. Personal hygiene will deal with the modes of existence. Personal hygiene aimed against infection will be of the suppressive type, and personal hygiene aimed against disease will be creative in character. Finally, the chief considerations of creative personal hygiene are three in number: home hygiene, food hygiene, and the more distinctively personal hygiene.

There follows a very brief skeleton outline of some of the main considerations in the development of a complete educational program. For the utilization of this program, not only will the details have to be filled in, but the suggestive theoretical considerations will have to be translated and developed into practical illustrative propaganda.

Education Against Infection.

I—*Public Hygiene*

a. Milk pasteurization.
b. Elimination of common utensils.
c. The enforcement of spitting ordinances.
d. The encouragement of institutional treatment, with enforced segregation when necessary, particularly for the protection of exposed children.
e. The development of routine medical detection machinery for all types of active tuberculous disease, including examination work in schools, factories, and elsewhere.

II—*Personal Hygiene*—(Suppressive)

a. The avoidance of unnecessary contact with the sick.
b. The avoidance of common utensils or other points of intermediate contact.
c. The avoidance of dangerous coughers, sneezers, etc., and the encouragement of respiratory hygiene.

Education Against Disease

I—*Public Hygiene* (Equipment for Living)

a. The encouragement of proper housing equipment, with education against congestion and the lack of facilities for cleanliness.
b. Occupational hygiene, with the relation of overwork, excessive fatigue, unnecessary dust, and other industrial hazards, etc.
c. The development of special medical machinery for the detection of incipient disease, such as the consultation service.
d. Propaganda to emphasize the basic importance of the elimination of extreme poverty and destitution.
e. The promotion of special hygienic equipment measures and practices such as open air schools, recreation facilities, posture clinics, nutrition classes, etc.

II—*Personal Hygiene* (Methods of Living—Creative)

a. Home Hygiene:
   1. Ventilation.
   2. Cleanliness, hand washing, etc.
   3. Illumination, etc.
b. Food Hygiene:
   1. Economy and Selection.
   2. Home care and preservation.
   3. Dietetic control.
c. Personal Hygiene:
   1. Exercise.
   2. Rest.
   3. Recreation.
   4. Recognition of early symptoms or dangerous signals.
   5. A moderate life—avoidance of excess, elimination of strain, etc.
   6. The creation of a "will to be healthy."
   7. A regular medical examination.

Education to Reduce Mortality

I—*Public Hygiene*

a. Popularization of hospital and sanatorium treatment, creation of public demand for adequate clinical and nursing service, etc.
b. Institutional or treatment follow-up—economic and social adjustment.

II—*Personal Hygiene*

a. Advice to seek the best medical opinion early and follow it.
b. Information regarding the danger of contagion and the spread of the disease.
c. Education against drugs and patent medicines.
d. Emphasis on tuberculosis therapy; rest, fresh air, food, etc.
e. Attractiveness and value of institutional treatment, with minor importance of climatic conditions.
f. Education regarding the proper adjustment of the arrested case to live and work.

Committee on Negro Health

An Advisory Committee on Negro Health, acting as a branch of the Oklahoma Tuberculosis Association, has been organized by that association for the purpose of inaugurating an intensive campaign against tuberculosis and kindred diseases among Negroes. Investigation has revealed the fact that the tuberculosis death-rate among the Negroes of the state is four times greater than among whites, largely as a result of bad living and housing conditions. It will be the duty of the Advisory Committee to suggest means for improving the conditions of the Negro quarter and to introduce methods of hygiene and sanitation where they are most needed.

One of the principal means of approach to the Negro population will be the church, and the pastors of the various denominations have been called upon to deliver addresses on tuberculosis at least once a month for a period of twelve months. School superintendents, principals and teachers have been asked to cooperate by giving talks, and by further extending the Modern Health Crusade.

Free dispensaries will be maintained wherever possible and a plea has been extended to physicians and dentists to give thir support to the work. The Committee will also aid in the organization of local Negro tuberculosis associations wherever the size of the population warrants their existence.

Modern Health Crusade

DEPARTMENT

Bulletin of the

National Tuberculosis Association

APRIL 1920

The Crusade at the Annual Meeting

Comprehensive Program to be Covered

An unusual program for presenting The Modern Health Crusade is being planned for the National Association meeting at St. Louis. Friday, April 23rd, under the management of the Missouri Tuberculosis Association and the St. Louis Society for the Prevention of Tuberculosis, a carefully rehearsed pageant will be presented, together with other features of interest. A social program will conclude the evening.

At the Saturday luncheon and round table, speakers who have produced results will present concrete suggestions about their work. This will be the final opportunity to ask questions, and no doubt a vivid discussion will ensue. Those who attended the Mississippi Valley Conference will remember the popularity of the Crusade luncheons and reserve their seats accordingly.

Through the three days of the meeting a Conference Table will be placed in the registration room, where anyone may drop in for a talk with either Mr. DeForest or Miss Osborne, or others who may be on duty. It is planned to have someone who is experienced in Crusade work there all the time, so that matters not brought up in Conference Session or at the Round Table Luncheon, may be talked out.

It is planned to have an exhibit of photographs, posters and spotted maps. Every state in the union is invited to contribute to this. The material is to be very carefully culled and original ideas which have been developed will be depicted in order that all who see them may adapt them to their own situations. It is not intended to have a mass of material which will require minute examination, but that which is sufficiently clear and striking to attract attention at a glance. Photographs of pageants, plays or parades as well as the more everyday performance of chores, community clean-up and sanitation campaign activities, both in photograph and diagram, will be an essential part of the exhibit. This material must be in the Statler Hotel, St. Louis, by April 20th, so that it can be arranged before the meeting opens. Care will be taken to return all material not contributed to the National Association.

While a special session has not been set aside for the Crusade, the experience of other conferences has been that Crusade workers need a time when they can gather by themselves to discuss plans and problems. A time, which will conflict as little as possible with other programs, will be selected at the beginning of the meeting and fully announced, so that executives and others interested can gather for conference. This addition has been made as it is thought that the round table luncheon will not afford sufficient time for informal questions or talks.

CRUSADERS OF WACO, TEX., ARRAYED IN THE ARMOR OF HEALTH.

May Meeting

The subjects for May, "What and how to eat and drink; regularity; weight; food protection; clean hands; typhoid fever," afford a basis for a live Crusade meeting.

Here again a play may be utilized to bring home by way of entertainment a health message which might otherwise appear dull and uninteresting. Through the generous courtesy of Miss Hester Jenkins we are reprinting elsewhere in this section a health playlet entitled, "Our Friends the Foods," which was written for the Department of Social Benefit of the Brooklyn Bureau of Charities. This play will not only make the May meeting an enjoyable one both for parents and Crusaders but will vivify the important facts about foods as well. The costuming indicated may be changed to suit personal convenience or as means to bring individual initiative into the play.

Variety of foods is quite as essential as quality or quantity. Especially should such foods as lettuce, greens, various rough-fibred vegetables and shredded wheat biscuit be eaten for the bulk of "roughage" they give, though they may not be high in caloric value. These three sample meals are given to show "balance of ration."

Breakfast

Force or corn flakes with milk
egg.
Brown bread and butter.
Milk to drink.

Dinner

Chicken with rice.
Mashed potatoe.
Dandelion greens or boiled onions.
Stewed fruit.
Bread and butter.

Supper

Spinach soup with milk.
Corn bread and syrup.
Cottage cheese.
Ginger cookies.

The following table of calories required for boys and girls is taken from authorities on this subject. The requirements of this table can be followed

if the Crusader will study the accompanying list of diversified foods with their caloric value.

Calories Required

Ages	Boys	Girls
1-2	900-1,200	900-1,200
2-3	1,000-1,300	980-1,280
3-4	1,100-1,400	1,060-1,360
4-5	1,200-1,500	1,140-1,440
5-6	1,300-1,600	1,220-1,520
6-7	1,400-1,700	1,300-1,600
7-8	1,500-1,800	1,380-1,680
8-9	1,600-1,900	1,460-1,760
9-10	1,700-2,000	1,550-1,850
10-11	1,900-2,200	1,650-1,950
11-12	2,100-2,400	1,750-2,050
12-13	2,300-2,700	1,850-2,150
13-14	2,500-2,900	1,950-2,250
14-15	2,600-3,100	2,050-2,350
15-16	2,700-3,300	2,150-2,450
16-18	2,700-3,400	2,250-2,550

Women, 2,550.
Men, 3,500.

Crusaders finding themselves below standard in weight will be interested in working out their own menus from the lists of foods given.

Table

tsp.—teaspoon.
tb.—tablespoon.
htsp.—heaping teaspoon.
htb.—heaping tablespoon.

Cereals

	Calories
Rolled oats.....1 cup	147
Bread .....1 slice	202
Bread with butter....1 slice	230
Bread with peanut butter .....1 slice	221
Ginger bread.....1 slice	281
Corn bread.....1 slice	194
Shredded wheat.....1	110
Farina .....1 cup	169
Rice .....1 cup	180
Cream of wheat.....1 cup	165
Cornmeal mush.....1 cup	169
Cracked wheat.....1 cup	198
Hominy .....1 cup	143
Macaroni and cheese.1 cup	302
Barley soup.....1 cup	131
Hot biscuit.....1	104
Griddle cakes.....1	101

Meats

Meat loaf.....1 slice	209
Roast lamb.....1 slice	333
Hamburger steak....1 slice	138
Beef stew.....1 cup	691
Sardine 1	65
Frankfurter 1	180
Fish chowder.....1 cup	372
Brown gravy.....½ cup	36
Roast beef.....1 slice	333
Cheese fondue.....1 cup	529
Meat balls and rice..1 cup	169
Baked fish.....1 slice	201
Pot roast.....1 slice	240
Codfish balls.....1	88
Corned beef.....1 slice	608
Smoked pork.....1 slice	827

Vegetables

Boiled onions.....1	49
Pea soup.....1 cup	279
Escalloped potatoes..2 heap'g tbs.	242
Escalloped tomatoes..1 cup	198

COSTUMES WORN BY PARTICIPANTS IN THE PAGEANT ENTITLED "THE CHILDREN'S CRUSADE, 1919," RECENTLY PRESENTED IN MEMPHIS, TENN.

	Calories
Baked beans.....1 cup	385
Beets 1	83
Cabbage salad.....1 cup	32
Lettuce .....4 leaves	8
Peas and carrots....1 cup	69
Bean loaf.....1 cup	547
Tomatoes .....2 (raw)	41
Greens .....1 tb.	28
Lima beans.....1 cup	326
Potato salad.....1 cup	143
Lentils .....1 cup	269
Baked potato.....1	147
Boiled cabbage.....3 tbs.	100
Spinach .....2 tb.	57
Boiled potato.....1	143
Bean soup.....1 cup	505

Desserts

Syrup .....1 tsp.	117
Rhubarb sauce.....1 tb.	78
Cream toast.....1 slice	348
Ginger cookie.....1	41
Apple tapioca.....1 cup	235
Custard .....1 cup	362
Junket .....1 cup	208
Cake .....1 piece	164
Jelly .....1 htsp.	113
Oatmeal cookie.....1	115
Fruit cookie.....1	110
Fruit cake.....1 slice	192
Fruit shortcake.....1 slice	350
Cheese .....1 cu. inch	90
Fudge .....2 pieces	221
Cornstarch pudding..2 htsp.	166
Indian pudding.....2 htsp.	225
Steamed fruit pudding .....2 slices	569
Bread pudding .....1 cup	380

Fruit

Prunes 5	143
Apple sauce.....3 tb.	136
Baked apple.....1	120
Baked banana.....1	144
Apricot or peach sauce .....3 tbs.	218
Dates 10	269
Berries (with 1 tsp. sugar) .....3 htbs	120
Orange 1	75
Banana 1	90

Drinks

Milk .....1 quart	695
Milk .....1 glass	220
Cocoa .....1 cup	126
Coffee .....1 cup	00
Tea .....1 cup	00

"Milk is the best all-around food," "Green vegetables are better tonics than prescriptions or patent medicines," and "Pale-face flour makes pale-face people," will be found useful in the campaign. Reasons for maintaining a balanced diet, eating at regular hours, eating slowly and chewing thoroughly should be impressed upon every child.

Relative food values and the impor-

tance of food protection in the market and in the home should be discussed. On the subject of typhoid fever the significance of pure water and milk and the need of washing the hands not only before meals but before preparing food for the table should be taught.

Every class that has not begun the monthly weighing and measuring of Crusaders should introduce this method of checking up health at this time. The classroom weight record of the Child Health Organization, a chart on which appear the normal weights and the actual weights of the children, may be posted in the schoolroom.

The *Child Health Alphabet,* a booklet setting forth wholesome foods by means of rhymes and pictures, is especially suitable for younger children and may be secured from the Child Health Organization, 156 Fifth Ave., New York.

Two pamphlets, *Food Facts* and *All About Milk,* may be obtained free at Metropolitan Life Insurance Company offices.

A leaflet entitled *Overstimulation,* which gives some striking facts about tea and coffee, is published by the Life Extension Institute, 25 W. 45th St., New York.

Inexpensive but authoritative books giving additional information in regard to foods are: *Teachers' Service Booklet, Facts About Malnutrition and Ways of Combating It in the Classroom,* five cents for each first copy and 1 cent for additional copies; *Standard on Nutrition and Growth,* five cents per copy; *How to Conduct a Nutrition Class,* ten cents per copy; *Diet for the School Child,* five cents for each first copy and two cents for additional copies.

With this material and any other that is reliable and pertinent to the subject, the teacher can use the May meeting to inaugurate a campaign for more rational choice of food. According to the old adage, "We eat to live," hence it is important to know what foods best promote nutrition.

The merits of milk, eggs, cereals, fruit, vegetables and whole wheat bread and butter; the demerits of fried food, pickles, pastry, tea and coffee; and arguments for the sparing use of meat and sweets should be emphasized.

"Our Friends the Foods"

A Playlet in One Scene.

Scene: Anywhere.

CHARACTERS:

(In order of their appearance.)

Mother—Dress of a lady.

Girl—Nicely dressed girl of about 12 years of age.

Boy—Nicely dressed boy of about 14 years of age.

Maid—In black with cap and apron.

Soup—Thin boy in yellow.

Meat—Boy in fur cap and fur mittens.

Pickles—Boy in olive-green tights.

Candy—A girl in striped red and white. (Maybe a roll of white cardboard, encircling her with red cords, holding it over the shoulders and red paper put on in spiral.)

Chewing Gum—Green, and peaked cap like Wrigley's.

Milk—Girls in plain cream white; flowers in hair.

Egg—Boy in white paper balloon blouse with yellow cap and sleeves.

Tea—Girl in dark brown with black leaves in black hair.

Coffee—Brown boy in light brown with berries or brown buttons.

Fruit—Girl in red dress, with apple in hand, cherries in hair.

Vegetable—Boy in green with wreath of leaves.

Beer—Boy in golden brown with fluffy white collar and white cap.

Whiskey—Boy in flame-colored tights.

Bread—Boy in white baker's suit.

Cereal—Girl in pink or blue with strings of popcorn.

N. B.—If costumes are not possible, the foods could be labelled with names on band across the breast.

(Enter Mother with an arm over shoulder of Boy and Girl, one on each side.)

Mother—Children, I have invited a party for you, and wish you to choose your friends among them.

Girl—Oh, what fun!

Boy—When are they coming?

Mother—There's the first guest. Let him in (to Maid who enters the door).

Maid (ushers Soup)—Here is Mr. Soup. (Bows to Mother, then faces audience on left while group half face him at right.)

Soup—I'm the all popular Soup. After me all people troop. I nourish and warm, and never do harm. I'll be a friend to each one in this group. (Shakes hands with each.)

Girl—Oh, I like you!

Boy—Pshaw! there isn't enough to you.

Soup—There is all to me that you put in. At your wish I can be thick or thin. I eat pepper and meat, cheese, milk, carrot and beet. To turn me away'd be a sin. (To the boy)—Don't you want me for a friend, a daily or at least a weekly friend?

Boy—I'll see. Here comes another.

Maid—Mr. Meat. (Enter Meat. Soup steps behind Mother to right.)

Mother—Oh, here is someone you like.

Meat—I am Meat. I make people strong. With my friendship they grow broad and long. If they take me each day, they will soon come to say: Meat's the best friend to have come along. Ding Dong! Ding Dong! For 'tis meat that makes children strong. (To boy)—Do you want to play basketball, baseball, or football, or run or row or swim? Then embrace me; I'm your man.

Boy—You bet! (Embraces Meat.)

Girl—(runs up to Meat)—I want to swim, too, and run and dance and play tennis. So you must be my friend, too.

Soup—(comes forward)—Hello, old fellow, I am always glad of your companionship. (Shakes hands.)

Mother—Here come three chums. (Meat and Soup go to right front.)

"SUNSHINE," AS SHE APPEARED IN THE PAGEANT, "THE CHILDREN'S CRUSADE, 1919," PRESENTED IN MEMPHIS, TENN.

Maid—Pickles, Candy and Chewing Gum.

Girl (rushes up to Candy and embraces her; Boy shakes Pickles by the hand).

All Three—We come for fun, for fun, for fun. We have no use under the sun. We keep you busy, we please your taste. We're just amusing, but waste, but waste. (Wave their heads as they speak and bow on the last line.)

Girl—Oh, I like you all so much.

Mother—But let us see. (Comes forward; children pass to rear.) Candy, are you a good friend to a girl?

Candy—If you invite me once in awhile, I'm a jolly visitor, but lots of people tire of me when I come often. I even make them sick.

Girl—Then I'll only invite you when I have a party.

Boy—Chewing Gum would never make you sick.

Mother—No, but he is no good. Chewing Gum, can you make a boy a good athlete, or make him grow, or swell his muscles?

Chewing Gum—Oh, no; I'm no good. I'm really no food. I'm just a good chance to spend money. Some boys find me fun—but a biscuit or bun—would give you more value for money. (Has a lively manner, dances and turns somersaults.)

Boy—Oh, dear.

Mother—How about you, Pickles?

Pickles—I bite and sting those who eat me. And often their stomachs I hurt. I never make fat, flesh or muscle. I'm not a good friend, but a flirt. (Bends forward, points and waves his hands.)

Girl—I suppose we'd better tell you, too, to come only to parties. (Three dance in circle.) Ha, Ha! Ha, Ha! Foolish Foods are we. Ask us not too often. Or else sick you'll be. (Dance off to right back.)

Mother—Here's a very old friend.

Maid—Mistress Milk. (Comes to center and bows to Mother and audience.)

Milk—Mid sweetmeats and luxuries; jellies like silk; be it never so simple, there's no food like Milk. Milk, pure rich Milk. Be it never so simple, there's no food like Milk. I'm the first friend of babies. I'm good for the child. I'm fattening and nourishing. I'm smooth, sweet and mild. Milk, pure rich Milk. Be it never so simple, there's no food like Milk. You may turn me to butter, or good curds or whey, or make of me cheeses, or let the cream stay. Milk, pure rich Milk. Be it never so simple, there's no food like Milk.

Girl (runs up to her)—I'll make you friend.

Boy—I prefer a strong man like Meat.

Milk—Here comes my comrade, Egg, with whom I visit my sick boys and girls. (Steps to left back.)

Maid—Master Egg.

Egg (runs in)—Hello, I'm Egg. I'm good and yet you beat me. Ha, Ha! I'm like a colt. I have to be broken to be any use. Ha, Ha!

Boy—And you are always getting into hot water, ha, ha!

Girl—And then you boil as if you were mad, ha, ha!

Milk—If you marry me we'll be Egg Nog.

Soup—Come and be my comrade. I need you.

Meat—Well, I don't; I can get along without you.

Mother—Children, will you have Egg for a friend He's one of the best friends a child can have with him every day in the week.

Children—Yes, we'll have him for a friend. (Each take his hand and the three skip and sing.) Come, come, come with me. We will live together, we. Ho, ho, ho! He, he, he! Without Egg we ne'er shall be.

Girl—Who is that coming?

Mother—Oh, I didn't invite them; they are enemies.

Maid—Tea and Coffee.

Tea and Coffee—Tea and Coffee, we are so benighted. We do not know when we are slighted. So we came to your party, as jolly and hearty, as though we'd really been invited.

Tea—But people are always begging us to come.

Mother—Yes, they invite you; but what do you do to them?

Tea—Make 'em think they have been nourished when they haven't.

Mother—Do you want such guests at your party?

Girl—No, no.

Boy—Not for a strong boy. (Exit Tea and Coffee hanging their heads.)

Mother—Here come two that I *did* invite.

Maid—Fruit and Vegetable.

Meat (goes to meet them)—Hello, old friends; always glad to see you.

Fruit—I'm good for breakfast (puts hand on breast and bows.)

Vegetable—And I'm good for lunch (puts hand on breast and bows.)

Both—We're both meant for dinner, or for a picnic lunch.

Fruit—I furnish acid (puts hand on breast and bows.)

Vegetable—And I furnish ash (puts hand on breast and bows.)

Both—We're tasty in salads.

Vegetable—And *I* improve hash.

Girl—Fruit, you shall be my friend.

Boy—Come, Vegetable; let us be chums.

Mother—Oh, who are these strange creatures? I don't know them. (Steps back.)

Girl—I'm afraid. (Shrinks behind Mother.)

Boy—*I* think they look interesting.

Maid—Whiskey and Beer.

Beer—I'll booze you; I'll dull you; I'll soften your brain.

Whiskey—I'll madden you, burn you, inflame again.

Mother (steps forward, waves them away)—You are worse than Tea and Coffee. Leave us quickly.

Boy (steps toward them)—I'd like to play with you a little and see if you are really so bad as Mother says.

Milk—Oh, yes, they are; if you wish my friendship you'll leave them alone. (Pulls his arm.)

Meat—If you wish any appetite for me—(seizes the other arm).

Egg—Or for me—(puts hand on shoulder).

Meat—You'll leave them alone.

Mother—Go away, my children will not receive you.

Girl—Yes, go away.

Boy—Yes, go now, (reluctantly turns his back.) (Exeunt Whiskey and Beer arm in arm.)

Mother—Here come my last guests.

Maid—Master Bread and Mistress Cereal. (Enter Bread and Cereal hand in hand; bow to all, face audience.)

Cereal—We are brother and sister.

Bread—The best friends to man in this world.

Cereal—You can't get along without us.

Bread—We'll support you when all other friends fail.

Cereal—Oatmeal, Cornflakes, Grapenuts, Force, Rice. I have many names, but am always your friend.

Bread—Black or brown or white, leavened or unleavened—you need me always, the staff of life.

Boy—Oh, yes; we know you and like you. Good old Bread.

Girl—And sweet Cereal. (Steps back so that foods form a semi-circle around Mother and Children.)

Mother—These are your friends. Some for every day and some only for occasions. Now you can play together.

Girl—Let's have a dance.

Boy—Candy, will you dance with me?

Girl—I take Meat. Bread and Milk, you go together, and Vegetable and Fruit, Egg and Cereal, Soup and Pickles. (Pair off.)

Mother—Here, Chewing Gum, you're harmless, so you may look on, but you are not good enough to dance at the party. (Chewing Gum stands in the corner.) (Others arrange for a Sir Roger De Coverly.)

(Tea and Coffee come in at one side and Whiskey and Beer at the other and either make the music or clap their hands and whistle for the dance. Mother stands at the back. Maid to opposite corner from Chewing Gum. Dance.)

Crusade at Illinois State Fair

The Department of School Activities of the Illinois Tuberculosis Association, the State Department of Health and State Board of Agriculture cooperating, has announced a state fair parade and carnival by the Modern Health Crusaders of the state. Every county in the state doing Crusade work has been invited to participate. Mr. J. W. Becker, state Crusader executive, hopes to have from 5,000 to 10,000 children in line costumed as pages, squires, and knights.

A number of bands from various sections of the State are expected to lead the various divisions of the parade. The day's activities will include health stunts, athletics, pageants, exhibits and a number of features interesting to children and instructive to the public.

The day set apart by the fair board for the state-wide Crusade work is August 23, also designated as Children's Day. As the date comes during the vacation period, arrangements are being made with the parent-teacher clubs over the state to assume local responsibility and chaperon the Crusaders to the state fair.

A County Nursing Program

(*Continued from page 3*)

conferences with persons suspected of tuberculous infection and by submitting the necessary data to the state sanatorium.

9. Securing treatment for all persons found to be tuberculous by the family physician, in state or private sanatoria, at clinics, or by the county health officer or county physician. The following points indicate the need for county clinics:

(a) The large number of previously unknown cases discovered by exemption boards, military camps or naval schools.

(b) Belief that the strain of war creates conditions favorable to the development of the disease among the civilian population.

(c) As a practical way of economically carrying education regarding the disease to a community.

(d) To serve the counties too small to have a local dispensary, and offering a clinic physician to communities where the need is greatest.

The clinic demonstrated the following facts:

(a) The practicability and unlimited educational value of the unit of tuberculosis work.

(b) That the standardization of the plan through supervisory control is possible.

(c) An active supervising tuberculosis agency, a modest amount of money, a clinic physician who knows tuberculosis in all stages, and a nursing staff trained in the public health aspect of tuberculosis, are all the essentials necessary for conducting a clinic.

The response to the clinic showed the following:

1. That rural North Carolina is inclined to accept as authority representatives of its Bureau of Tuberculosis.

2. The need of the Modern Health Crusade, not alone in schools but to extend its influence back to the homes.

3. To what extent the county public health nurse has the confidence and support of the people. This was secured by sending out advance information of her coming as well as by the support of a board of representative people, typical of the county's interests; her own ability to teach and organize groups for class work; her cooperation with existing agencies, thus creating a demand for her services, which did much toward strengthening her position.

As a very gratifying reduction in tuberculosis mortality is due in a large measure to ordinary public health activities such as the control of the milk supply, child welfare work, the prevention of communicable diseases, etc., it is believed that county public health nurses are the most important single factor in placing a new slant on the tuberculosis problem.

Occupational Therapy

This column of the BULLETIN is conducted in connection with the Medical Service of the National Association, which maintains an Advisory Service on Occupational Therapy. It is designed to keep the tuberculosis worker informed regarding the development of occupational therapy in the treatment of the disease and to offer suggestions for the vocational training and economic rehabilitation of the tuberculous patient. Readers are invited to send in contributions which will be helpful to workers in the field. Good, clear photographs of patients in various occupations will be particularly welcome. Address all correspondence to the Institutional Secretary.

A SOLDIER PATIENT AT BARLOW SANATORIUM, LOS ANGELES, CAL., AND SOME OF THE WORK WHICH GAINED FOR HIM A COURSE AT THE ART INSTITUTE, CHICAGO.

The Physician and the Director of Occupations

It cannot be too often impressed upon occupational therapy workers and directors of occupation in tuberculosis hospitals and sanatoria that it must never be forgotten that the need of medical treatment and care is the *raison d'etre* for a patient's presence in an institution.

In the enthusiasm of the new idea, occupational therapy workers have sometimes unduly magnified their part in the treatment and caused the physician in charge to feel just a little apprehension that the thing was being overdone. Enthusiastic patients, too, on the introduction of occupational therapy in an institution where hitherto wearisome idleness has been their lot, often require to be reminded of the danger of overdoing. For several reasons, therefore, it seems well to reiterate what has often been said before, viz: that while in all diseases where work is employed for remedial purposes, the physician should prescribe the activities of the patient, and it is imperative from the very nature of the disease that extraordinary care should be taken that no tuberculosis patient undertake work without the authority of his medical attendant. Further, whether the work be in the form of graduated exercises of the older type, useful work about the institution, organized occupational therapy or ward occupations, classroom studies, or arts and crafts work in curative workshops, it should be under medical supervision. This does not mean, of course, that the doctor must be present continually (although regular visits on his part to the classes and a manifestation of his interest in the bedside and ward work are most useful and desirable), but that, as in any other prescription, its results must be noted and changes made, either of the dosage or the drug, when necessary. In other words, the director of occupations in a sanatorium should re-

(*Continued on page 12*)

Suggestions from the Field

This department of the Bulletin is conducted in connection with the Loan Service Bureau of the Publicity Department. It is designed to give valuable suggestions regarding new lines of work or new methods originated or successfully used by tuberculosis associations throughout the country. Tuberculosis workers are invited to send the National Association Bulletin Editor all information suitable for publication in these columns.

Milk For Employees

The fact that the good health of the employee means good business for the employer is being increasingly recognized by commercial firms everywhere. The industrial nurse is rapidly assuming a place of importance in the business world as well as in the field of public health.

In order to overcome undernourishment among the salesgirls in its employ, a large department store in Spokane, Wash., is supplying malted milk twice each day, at 10 A. M. and 3 P. M., to the workers. The result has been not only greater efficiency on the part of the girls but a decrease in the store's sick lists.

The plan was adopted following a suggestion made by the industrial nurse who periodically examines the girls for symptoms of tuberculosis and other diseases, as a means of combating anaemia and malnutrition.

Booklet on Publicity

Who? What? Why? When? Where? How? These are the questions which a good news story is said to answer, and in a booklet entitled "Practical Suggestions for Obtaining Publicity," written by Mr. Charles E. Bellatty and published by the National Tuberculosis Association, the rules for preparing newspaper copy which will not find its way into the editor's waste-basket are concisely laid down.

How to prepare a manuscript, what kind of stories to send to the various editors of a newspaper, what to leave out of a speaker's manuscript, and where to feature the most important item of the story, are some of the subjects taken up in the booklet. Copies may be purchased from the National Association at $3.00 per hundred or $30.00 per thousand.

Reaching the T. B. Consumer

The State Tuberculosis Sanatorium, of Texas, has found a happy solution for the problem of making the purchase of such prosaic articles as sputum cups and thermometers an attractive duty to the tuberculosis patient. The Sanatorium's Bureau of Correspondence and Information issues a bulletin to its list of correspondents advertising supplies to patients "taking the cure." Besides cuts of the articles for sale, the bulletin contains some excellent cartoons and verses designed to place the patient in an optimistic frame of mind.

The bulletins are distributed not so much with the idea of selling the material advertised as to acquaint the general public with their appearance and use.

"Living" Posters Advertise T. B. Activities

An unusually successful bit of advertising was recently conducted by the Minneapolis Anti-Tuberculosis Committee when, during a local automobile show, "living posters" were exhibited in the public welfare booth. Approximately 167,000 persons attended the show and large crowds were attracted to the committee's booth. The posters, for which people posed during the exhibit, comprised an adaptation of "The Thinker" cartoon, a reproduction of a popular Wisconsin poster, and a representation of *Health* presenting a modern health crusader with his toothbrush weapon.

In addition to the posters, the exhibit contained a model ventilating window, and a large double red cross labelled with elements of a public health program. An explanatory lecture was given in connection with the exhibit.

Women's Clubs to Aid

The Virginia Federation of Women's Clubs at their annual meeting held last November went on record as endorsing the anti-tuberculosis movement of the state, and the directors of the Federation have requested each club to appoint a committee to study its local health problem. Miss Mary Somerville Gammon, Field Director of the Virginia Tuberculosis Association, has been appointed chairman of the Tuberculosis Committee of the Federation, and she has issued a call to the club members of Virginia, urging them to do their bit toward fighting the disease in their own community.

The cooperation of women's clubs is a strong asset in any campaign and one distinctly worth while securing for tuberculosis work.

Course in Campaigning

What might be termed a "course in campaigning" is being conducted by Dr. C. Ward Crampton, dean of the Normal School of Physical Education, Battle Creek, Mich. When, largely through the efforts of some hundred odd normal school students, Battle Creek doubled its quota during the seal campaign, Dr. Crampton resolved to thoroughly prepare his classes for similar work in the future. Accordingly, every student was supplied with Handbooks A and B, and with other printed material issued by seal campaign headquarters. When the students graduate from school, they will have a sound working knowledge of the intricacies of a seal campaign and will be able to assist intelligently on the various teams.

Dr. Crampton's plan is one well worth noting, especially in view of the dearth of capable, voluntary workers existing everywhere.

Prize For Best Nightingale Play

It is apparent even at this date that the hundredth anniversary of the birth of Florence Nightingale, which occurs on May 12th, will be widely celebrated, and plans for appropriate ceremonies observing the occasion are already under way. One of the most interesting features of the celebration is the $500 prize offered by the Central Council for Nursing Education, for the best three-act play by an American author based on incidents in the life of Florence Nightingale. The competition is especially designed to encourage aspiring playwrights in the colleges and to stimulate interest in the nursing profession. In view of the difficulties which hospital training schools are experiencing in securing sufficient numbers of desirable applicants, this competition should be extremely serviceable.

All manuscripts must reach the Nightingale Centennial Committee, National Organization for Public Health Nursing, 156 Fifth Avenue, New York.

Leaflet on Industrial Nurse

A useful little leaflet explaining the functions of the industrial nurse from a business and public health point of view has been issued by the National Organization for Public Health Nursing. It answers satisfactorily both for the employer and the health worker such questions as "Can a handy man or woman be taught to do the industrial nurse's work?" "What are the special qualifications of an industrial nurse?" and "Does it pay to employ an industrial nurse?"

Copies of the leaflet may be secured upon application from the National Organization for Public Health Nursing, 156 Fifth Avenue, New York.

Novel Poster Work

A novel, inexpensive and decidedly effective poster campaign is being conducted in the grade schools of Butte, Mont. Under the direction of their teacher, the youngsters clip pictures from magazine advertisements, covers, etc., and use them as illustrations to printed facts regarding matters of food and personal hygiene.

The posters are taken home by the children, who usually see to it that their handiwork receives a prominent place in the home, where it serves as a daily reminder to careless or ignorant parents.

The attention of the editor of the BULLETIN has been directed by the Wisconsin Anti-Tuberculosis Association to the fact that that association published as early as two years ago a map showing the distribution of rejected draft men similar to the one published by the Minnesota Public Health Association and appearing in the January number of the BULLETIN.

I Am the Red Cross Christmas Seal!

I am the Red Cross Christmas Seal!
The careless eye sees me as a little patch of merry colors, with rough edges and a sticky back. The careful eye sees in me a courageous Knight, valiant for Health.
I am the Pioneer. Before my unrelenting blows the wilderness of Ignorance, Indifference and Misinformation is being conquered. In its place I am erecting the edifice of Enlightenment, set in broad fields of Energy, basking in the beneficent rays of Knowledge.
I am snatching the veils of Superstition from the eyes of those who refuse to see.
I am blasting out the stopped-up ears of those who refuse to hear.
In my strong hands I take the tender, confiding hands of children and lead them into paths of Health Knowledge.
I send my ministers forth, day after day, further and even further into the dark realms of Inertia and Complacency.
Because I am the Red Cross Christmas Seal you know me only one month in the year. You shall know me throughout all the days and weeks and years of your life. You shall know me as the Modern Health Crusader; as the School Nurse; as the Public Health Nurse; as the Public Health Clinic; as the Open Air School; as the Tuberculosis Sanatorium; as the Tuberculosis Association.
I am an inseparable part of your every-day life.
I am dumb; but I am eloquent for Health.
I am tiny; but I am as broad as the noblest impulses of the human heart.
I am simple, but I am as versatile as the human mind.
I am inert; but my reservoir of energy has hardly been tapped.
I am the Messenger of Good Health, the Herald of the New Day of Right Living.
You are my Sovereign.
I am Your Knight.
Command Me.
I am the Red Cross Christmas Seal!

The above is a reprint of an enclosure which was used in the 1919 seal campaign. It was written by Mr. M. E. Kaletski, Red Cross Seal Campaign Director for the North Mississippi Valley States, and published by the Nebraska Tuberculosis Association.

Insurers' Conference Desires Cooperation

The Southern Industrial Insurers' Conference, an organization acting with the full support of many of the leading life insurance companies of the country has offered to cooperate with state and local tuberculosis associations in the work of disease prevention among the whites and Negroes of the South. Mr. Charles Loeber, Director of the Conference, is at present touring the Southern states, lecturing, distributing literature, and giving free motion picture performances in the churches.

Associations wishing to communicate with Mr. Loeber may receive a copy of his itinerary for the month of April upon application to the editor of the BULLETIN.

Labor Enters Campaign

Following negotiations recently concluded between the New York Tuberculosis Association and the Labor Sanitation Conference, a partnership has been brought about between the two organizations for the purpose of conducting a campaign for the protection of the health of industrial workers, especially as related to the prevention of tuberculosis. A joint committee of five representatives from each organization and a Labor Secretary have been appointd to carry out a comprehensive program for interesting not only labor but employers as well in the need for an active campaign of education. A number of groups such as painters, leather goods workers, printers, polishers, stone workers, and hair goods workers have al-

ready been reached, and the respective unions have formed Sanitation Committees through whom placards, circulars and other educational literature is to be distributed.

Efforts are also being made to obtain the cooperation of the Chamber of Commerce, Manufacturers' Association, Retail Dry Goods Store Association, and other employers' groups in the arrangement of exhibits, lectures and distribution of printed matter.

Special emphasis will be placed on the importance of periodical medical examinations. The New York Tuberculosis Association will establish an examination room in its own offices where confidential examinations will be given, in order to demonstrate the value of a periodical physical overhauling.

The Physician and the Director of Occupations

(*Continued from page* 9)

gard his function as similar to that of the druggist who fills the prescription of the physician, although this particular prescription will be in terms of time (period of work) and, as far as possible, kind of work needed.

On the physician's part, just as he has long ago acquainted himself with *materia medica,* so will he acquaint himself with the resources and limitations of his occupational therapy "drug room"—the headwork, the handwork, and also the purely diversional work, which his director of occupations has at command.

Institute for Negro Physicians

One of the most unique courses ever undertaken in tuberculosis work was recently offered, by the aid of the missionary fund of the National Association, to the colored physicians of Virginia.

The course which was held at Piedmont Sanatorium, Burkeville, Va., consisted of lectures and clinical work. Patients in all stages of the disease were examined by tuberculosis specialists during the early part of the course, and the practitioners were drilled in the technique of chest examinations during the last three days of their stay. The instructors comprised the heads of the three Virginia tuberculosis sanatoria and the medical director of the State Tuberculosis Association.

Among the doctors who took the course were the leading colored practitioners of the state, some of whom have practiced for more than 25 years. Applications for admission to Piedmont Sanatorium are being received steadily from those who attended.

The course will be repeated in June of this year and assurance has been given that at least 50 of the 80 Negro practitioners in the state will take part in it.

Clinics of the Minnesota P. H. A. Medical Advisors

By Honora Costigan, Director Education Division,
Minn. Public Health Association.

Twenty-four children's specialists, ten dentists, 14 tuberculosis sanatorium medical directors, many eye and ear experts, the Minnesota Obstetrical and Gynecological Society, and a trained dietician are the staff of medical advisers of the Minnesota Public Health Association, who have conducted health clinics in nearly every one of the 86 counties in the state, in less than a year's time.

The idea originated with Dr. Walter Ramsey, of St. Paul, who suggested that the children's specialists of the state organize and bring their advice to the inhabitants of the counties rather than to restrict the advantages of expert diagnosis of children's cases to the people living in the larger cities. As a result of his suggestion, the Northwestern Pediatric Society was formed. The officers of the society met with the Minnesota Public Health Association and a plan of coordination was put into effect almost immediately.

The children's clinics admit only children up to five years of age, and are intended for infants and children of pre-school age only. The State Dental Association was, therefore, invited to conduct dental clinics for children up to 17 years of age, and there is now no more popular form of clinic. Nutritional clinics are held for undernourished children from five to 17 years of age, under the supervision of the Pediatric Department of the University of Minnesota and a worker of the University Extension Division. Arrangements have now been completed with the Minnesota Academy of Ophthalmology, for the holding of eye and ear clinics.

The services of the tuberculosis specialists were made available for holding clinics in counties outside the sanatorium districts by the State Advisory Commission on Tuberculosis. The State Obstetrical and Gynecological Society is now fully organized to hold maternal welfare clinics, but up to the present, none of these have been held by the county public health association.

From July, 1919, to February, 1920, 118 children's clinics, 13 nutritional clinics, 41 dental clinics, eight tuberculosis clinics, two psychiatric clinics, and one eye and ear clinic were held. On an average of 60 children up to five years of age are examined at every children's clinic; 35 children of school age at the nutritional clinics are examined for malnutrition, altho the physician conducting this clinic, as a rule, "sees" everything from club-feet to conjunctivitis; seldom less than 150 school children receive examinations at dental clinics; the usual number presenting themselves at the tuberculosis clinic is 50, more or less, according to the manner in which the clinic is advertised and worked up; in two days 204 children were examined for diseases of the eye and ear, and the total number of persons examined to date is nearly 12,000.

The physicians conducting these clinics are the very best the state affords—Dr. Ramsey for the children's clinics—Dr. W. H. Card, chairman of the State Oral Hygiene Committee of the State Dental Association, Dr. F. L. Adair, Secretary of the Minnesota Obstetrical and Gynecological Association, Dr. H. L. Taylor, Executive Secretary of the State Advisory Commission on Tuberculosis, Dr. N. O. Pearce, of the Pediatric Department of the University of Minnesota. The nature of the work is to diagnose and advise, rather than to treat. Local physicians, dentists and others, are invited to attend, and they sometimes bring their own families for examination. Complete records of every person examined are made at the time of the examination on approved blanks, copies of which are filed finally with the local county public health association, the county nurse (where one is employed) for follow-up work; the attending physicians of the examinee (if the patient has an attending physician) or the parents where there is no attending physician.

A lecture open to the public is given by the clinician. As a rule, the talk is delivered the evening of the day on which the clinic is held. Some of the best speakers give lectures on their subject by request, apart from holding a clinic.

The Association is planning to hold 540 clinics this year, and will pay out about $13,500 in fees, which is about equivalent to the salaries of two medical experts at $6,700 each. In this year's clinics approximately 35,000 people will receive the personal attention of these various specialists. It is hardly possible that two medical secretaries in one year could examine that number and in addition give 540 lectures. Nor could two or three medical men have between them the equivalent of the specialist technical knowledge available to the Association under the present arrangement.

The clinics inspire the confidence of the local people. The word of specialists agreeing with that of their own physician is usually sufficient to induce the patient to seek the necessary form of treatment. Furthermore, both children and adults who never would consult a physician unless seriously ill, come to the clinic. Often these people have diseases or defects which demand attention, and as the clinician brings home that fact to the patient or his parents, "prevention" receives another high score. The clinics are also an aid to the physician who has a baffling case.

Since the function of the clinics is only to diagnose and advise, the next effort of the Minnesota Public Health Association will be to influence the local county medical and dental societies to organize local dispensaries for free treatment of those who cannot afford medical or dental services.